

# What's New?

Niihama City

No.270

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# 2

## Matsuyama is a Nice City to Live

(from Nikkei, December 12, 2017)

NIKKEI BP Intelligence Group ranked the nicest cities in Japan to live in 2017. Matsuyama ranked first in the Chugoku and Shikoku region. Matsuyama was valued high in the categories “Convenience to Live”, “Security & Safety” and “Hospital & Nursing Care.” In the nationwide ranking, it came in 32nd. Hiroshima is 2<sup>nd</sup> in Chugoku and Shikoku (61<sup>st</sup> nationwide) and Matsue and Marugame in Kagawa tied for 3<sup>rd</sup> in Chugoku & Shikoku (100<sup>th</sup> nationwide).

The survey was carried out in July and August via Internet among working business people. They were asked 32 questions from eight categories about the cities they are living in now or the cities they had lived in over the last five years. 24,389 people responded in all and 325 cities, each of which had more than 20 respondents, were compared and ranked.

According to NIKKEI BP Intelligence Group, Matsuyama got the highest score in all 8 categories. Many respondents valued categories such as “Few Natural Disasters”, “Low Commodity Price” and “Many Nursing Care Facilities.” Hiroshima is valued high in the categories of “Community Infrastructure” and “The Vitality of the City.” Matsue is valued for having “Many Nursing Care Facilities” and Marugame in “Security & Safety”, respectively.

Nationwide, Moriya in Ibaragi, Musashino in Tokyo and Onojo in Fukuoka all tied for first. Nagakute in Aichi and Bunkyo in Tokyo followed at 4th and 5th, respectively.

## Ranking of the Nicest Cities to Live, 2017

(in Chugoku-Shikoku Region)

Ranking	All Japan	Name of the city
1	32	Matsuyama
2	61	Hiroshima
3	100	Matsue, Shimane
3	100	Marugame, Kagawa
5	116	Kurashiki Okayama
6	120	Higashi-Hiroshima, Hiroshima
6	120	Hatsuka-ichi, Hiroshima
8	134	Takamatsu, Kagawa
9	144	Okayama
10	163	Shunan, Yamaguchi

## The 28<sup>th</sup> Annual Niihama Global Party



Date :Sunday, February 11<sup>th</sup> , 2018

Time: 1:00 p.m. ~ 3:30 p.m.

Venue: Niihama Women's Plaza

4-4-19 Shonai-cho, Niihama-shi

Admission: 500 yen/person

Free for children age 6 and younger

Join us for an afternoon of fun performances, delicious treats, and friendly conversation! If you're looking to make friends from all over the world here in our very own Niihama, come on over and join the Global Party!

If you are interested, please contact:

Niihama City office Local Community Section

Tel: 0897-65-1218

## MOVIES

### TOHO CINEMAS Niihama (AEON Mall)

December 15 ~	Star Wars The Last Jedi	2D English/ Dubbed
January 5 ~	Kingsman: The Golden Circle	2D English
January 19 ~	Paddington 2	2D English
January 19 ~	GEOSTORM	2D English
February 16 ~	THE GREATEST SHOEMAN	2D English

#### Information Service

Internet: <http://niihama-aeonmall.com>

Tape (24 hrs): 050-6868-5019(in Japanese)

Movies might be changed without notice. Please check.



SGG would welcome any suggestions, questions or ideas for monthly articles.

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\*The editors for this month are T.Oishi & K.Kazuko

## What is the Mysterious Meat in Cup Noodle?

(from Nikkei, September 20, 2017)

“The real nature of the mysterious meat in the noodles is soybean”, the Nissin Food Product Co. Ltd. revealed recently. On the 46<sup>th</sup> anniversary of the product, the company made its real nature public on their official site. The dice-shaped ingredient is often called mysterious meat by cup noodle lovers. According to the company, the formal name of the mysterious meat is diced minced meat and it has been in the cup noodle since 1971, when it went on sale. Their special site says that the seasoned minced meat is mixed with pork, soybean and vegetables.

For a long time, consumers have been wondering what it is made from, because of its specific texture and taste. They began to call it “mysterious meat” around 2005 mainly on the internet because they had no idea about the true ingredients. Nissin Food Products Co. itself started to use the word “mysterious meat” last year for the name of their goods and sales promotion. This year they began to put “chili pepper tomato noodle” on the market, which has “white mysterious meat” made from chicken besides the ordinary pork one.

## How to Protect Yourself from a Tornado

(from Ehime Shimbun September 2, 2017)



We can't predict when and where a tornado will hit us, but we must know how to protect ourselves from it. Tornadoes are generated from a towering, vertical cloud called a cumulonimbus cloud. If dark clouds are coming, a thunder roars, or chilly wind blows, that means a tornado is coming and you have to evacuate to a safe place. When you are outdoors, get into a sturdy building. If there aren't any buildings around you, crouch down in a low posture, such as getting into a gutter, to protect your head. If you are indoors, you have to be careful about windows. Flying objects can break through windows, so be sure to close the curtains and storm shutters. It is safe for you to hide yourself in the bathtub or in a windowless room.

## A Hint for Your Health

Your Blood Sugar Level may change depending on the order you eat your food

(from monthly City News October, 2017)

You can lower your blood sugar level if you eat fish 15 minutes before eating rice. This is what TV programs have been reporting for several years. This happens because a hormone called GLP-1 is secreted from the small intestine when you eat fish first (GLP-1 and GIP are collectively called incretin hormones). This hormone makes your stomach move slowly and delays the absorption of nutrients, while insulin is secreted.



So, even if you take carbohydrates, the blood sugar level doesn't go so high. More recently it has been proven that the same effect occurs when eating rice just 5 minutes later, as opposed to 15 minutes. On the other hand, if you first eat meat instead of fish, the same mechanism works and makes the blood sugar level less likely to rise. However, GIP is also secreted, so you may gain more weight. Therefore, I suggest you don't eat too much meat.

### February events

#### ☆Special Sunday Market (100 yen Sun-sun market)

2/25 (Sun) 9:00~12:00 at Noborimichi Sun Road

#### ☆Cu Café at Akagane Museum

2/23 (Fri) 19:00 ~

“Teach me about Shingapore”

Admission: Free

Tel: 31-0305

Information in English & Chinese on the Web

\*What's New?

\*How to sort garbage and trash

➡ Visit <http://www.city.niihama.lg.jp>

Clair:\*Multilingual Living Information

<http://www.clair.or.jp/tagengorev/en/index.html>

ONE POINT JAPANESE  
いろいろな“とる” No.2

A : 受験勉強、調子は どう？ Jukenbenkyō, chōshi wa dō?  
(How is your preparation for the entrance examinations going?)

B : この間の 試験で、最高点 取ったよ。  
Kono aida no shiken de, saikōten totta yo.  
(On the last exam, I got the highest marks!)

A : すごい！ 体に 気をつけて、頑張るね。  
Sugoi! Karada ni ki o tsukete, ganbatte ne.  
(That's great! Take care of yourself and do your best.)

A : オリンピックが 始まりましたね。Orinpikku ga hajimarimashita ne.  
(The Olympic Games have started.)

B : メダルが 取れそうな 選手が たくさん いますね。  
Medaru ga toresō na senshu ga takusan imasu ne.  
(There are a lot of athletes who are likely to win medals.)

A : プレッシャーに 負けないで、実力を 発揮して ほしいですね。  
Puresshā ni makenaide jitsuryoku o hakkishite hoshi desu ne.  
(I want them to show their abilities without giving in to pressure.)

A : あのう、グローバルパーティーの ボランティアを したいんですが・・・。  
Anō, gorōbaru pati no borantia o shitain desu ga....  
(Excuse me..., I'd like to be a volunteer for the Global Party...)

B : 是非、お願いします。じゃあ、簡単に 説明しますね。  
Zehi, onegaishimasu. Jā, kantan ni setsumeshimasu ne.  
(Please! OK, let me give you a basic explanation.)

A : ちょっと 待って ください。メモを 取りますから。  
Chotto matte kudasai. Memo o torimasu kara.  
(Just a minute. I'll take notes.)

A : 今度、東南アジアの 国々を 旅行しようと 思っとんやけど...  
Kondo, tōnan ajia no kuniguni o ryokōshiyō to omotton ya kedo...  
(Next time, I'm planning to travel around Southeast Asian countries...)

B : カンボジアや ミャンマーは、ビザを 取らんと いかんね。  
Kanbojia ya myanmā wa, biza o toran to ikan ne.  
(You have to get a visa to enter Cambodia and Myanmar.)

A : えーっ！ 知らなかった。Ee! Shirankatta.  
(Oh, no! I didn't know that.)

★いい (点・成績) を取る... get good marks (grades)    ★メモを取る...take notes

★メダル (賞) を取る...win a medal (prize)

★ビザ (パスポート・免許) を取る...get a visa (passport, license)

< by Niihama Nihongo no Kai >

NNK also provides Japanese lessons for foreigners living in Niihama.  
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